

# Good News

Macedonia Baptist Church

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*A monthly publication for Members of Macedonia Baptist Church*

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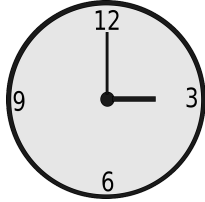


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# ANNOUNCEMENTS

**Church Office Hours**  
**Monday - Friday**  
**9 a.m. Until...**



**PRAYER SERVICE**  
**is held every Wednesday**  
**at 12:00 noon**



Luke 11:1

**"Lord,  
teach  
us to  
pray."**

## **Can't Pray? First Rest!**

Weariness can seriously hamper our attempts to pray, says Bonnie Gray, author of *Whispers of Rest*. "We are a generation who doesn't know how to express our souls to God, even though we drive ourselves exhausted, doing for Jesus." The solution, she says, is to stop and rest.

The stressed-out, despairing prophet in 1 Kings 19 is a prime example. "God knew Elijah needed physical rejuvenation first — in order to hear his gentle voice, whispering in a gentle breeze," Gray notes. Guarding against the depletion of spiritual, physical and emotional resources can improve our ability to hear God's voice, too. "When you find it's hard to pray, don't be afraid," says Gray. "You're standing at the very cusp of who God longs to connect with. The real you. Take the time to rest. You're worth it."

**Millennial Sunday School for  
Teens & Young Adults 9:30-  
10:30 In Person—Meet in the  
MBC Parlor**



## SERMONS

CDs and DVDs are available through the Audio Ministry. Visit [www.mbcdet.com/media](http://www.mbcdet.com/media) or via the **MBCDET app** to listen to archived sermons.



July 3, 2022, 11:00 a.m.

### **"Faith To Leave The Familiar"**

Genesis 12:1-3; Hebrews 11:8

Pastor Terry Minor



July 10, 2022, 11:00 a.m.

### **"A Family Reunion"**

Genesis 32:3-12

Pastor Terry Minor



July 17, 2022, 11:00 a.m.

### **"Dealing With Difficult Family Situations"**

Genesis 32:9-12; 24-28

Pastor Terry Minor



July 24, 11:00 a.m.

### **"Look To The Hills"**

Psalms 121

Rev. Sherman Redden, Pastor  
First Baptist Church (Ecorse, MI)



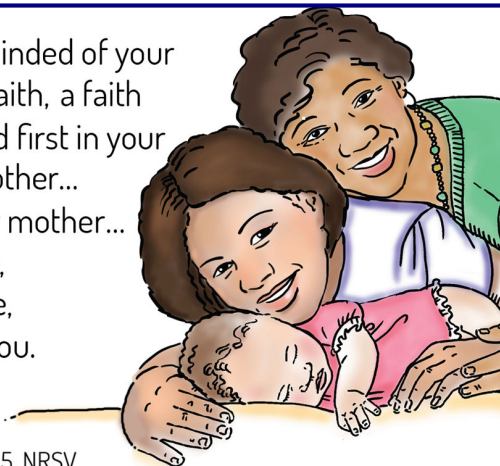
July 31, 2022, 11:00 a.m.

### **"Forgiveness And Reconciliation"**

Genesis 33:1-4

Rev. Terry Minor

I am reminded of your  
sincere faith, a faith  
that lived first in your  
grandmother...  
and your mother...  
and now,  
I am sure,  
lives in you.



2 Timothy 1:5, NRSV

## Nuptial LOLs

When Outreach magazine asked pastors for their most embarrassing mistakes during wedding ceremonies, the responses took the cake. Hundreds of clergy 'fessed up about dropping rings, using the wrong names and even driving to the wrong venue. Have a laugh at these "I do" don'ts!

- I asked the groom if he promised to leave his wife and cleave to all others. Before I could correct it, he said, "I do."
- Due to a bulletin typo, the Bible reading from 1 John was listed as John 4:16-19. In those verses, Jesus tells the woman at the well, "...for you have had five husbands, and the one you now have is not your husband."
- I accidentally read, "For this reason a man shall leave his father and money and be united to his wife."
- While praying, I meant to say, "Lord, please bless this marriage." The word *message* started to come out instead, and I tried to stop it. Unfortunately, the result was "Lord, please bless this mess."
- I asked the groom, "Do you take this wedded woman to be your wife?"

## The Water of Life

Christ is like a river that is continually flowing. There are always fresh supplies of water coming from the fountainhead, so that a man may live by it and be supplied with water all his life. So Christ is an ever-flowing fountain; he is continually supplying his people, and the fountain is not spent. They who live upon Christ may have fresh supplies from him for all eternity; they may have an increase of blessedness that is new [and] never will come to an end.

# The Benefits of An Active Lifestyle

Submitted by Wendell Smitherman

We all want to grow older in a healthy way. As you age, you may find that you are spending more time alone. With retirement, some people are more active than ever, while others may not feel like themselves. It's not uncommon to miss old habits of having a sense of purpose from work.

**Retirees who participate in activities that are enjoyable and meaningful to them reap many benefits that boost wellbeing.** According to the National Institutes of Health, research shows that older adults who maintain an active lifestyle:

- Are less likely to develop health problems and diseases.
- Live a longer life and have a greater sense of satisfaction and purpose.
- Are happier, and less depressed.
- Are more resilient in coping with difficult situations.
- May also be able to improve their thinking abilities, memory, or problems with dementia.

It's important to find the right balance for your life. Each person has limits to the time they can or wish to spend on activities. Participate in activities that you enjoy depending on your interests and ability.

## **Connect with Family and Friends**

Travel with retiree groups or family and friends.

Join a hobby group or club.

Play games in person or on line.

Reconnect with old friends from high school, college, etc.

## **Learn Something New**

Try a new class, such as cooking, dance, music, art, computers, etc.

Visit museums or travel destinations.

## **Engage in your Community**

Volunteer within your community

Run errands for those with limited mobility or access to transportation.

Organize a community clean-up.

Teach a pastime or serve as a mentor.

## **Get Moving Outside**

Find a physical activity that you like, such as dancing, swimming, bowling, walking, etc.

Play with your grandchildren.

Walk your neighborhood, in parks, or on nature trails.

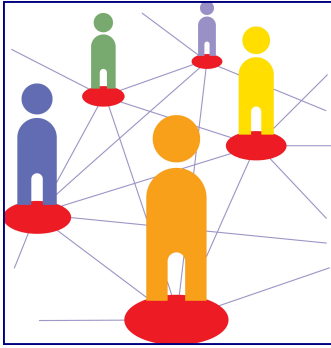
Learn Stress-Relieving Strategies

Practice mindfulness, meditation, gratitude.

Read a book, watch movies, listen to music

**Source:** National Institute on Aging., National Institutes of Health





## Family Web

Genealogy research turns up some intriguing relations; for example, Barack Obama and Sarah Palin are 10th cousins, and Britney Spears and Prince Albert of Monaco are 17th half-cousins. In the Bible, Jesus is linked to Rahab and Ruth, members of nations that were enemies of Israel.

Searches for family connections quickly reveal not only roots but also a web. Only a few generations up in the branches of each family tree are so many people that trees intersect. Scientists speculate that most people living today are related through a recent common ancestor. So there's a "web-like tapestry" rather than a "tree that fans out exponentially," according to writer Carl Zimmer.

Realizing we're all connected should affect how we treat others. After all, we're related to people with diverse backgrounds and opinions. In terms of genealogy, as well as living *as Jesus' disciples, we belong to one another.*

Source: [www.newsletter/newsletter.com](http://www.newsletter/newsletter.com)



## Resolve to Revitalize

Church revitalization is a hot topic, and ideas for congregations can bring fresh energy and meaning to personal and family life, too. Consider the following tips:

- **Have a clear vision.** It's easy to go along day to day without considering what you're moving toward. Beyond the everyday routine, what bigger vision does God have for you? This year, take specific steps toward living that out.

- **Ask questions.** What gets you excited — even passionate? What issues or situations break your heart? What are you good at? Resolve to use a talent or something you enjoy to help heal hurts.

- **Balance history with innovation.** Honor your past as God's gift that makes you who you are, but be open to change. Dare to step out in faith for the sake of your life's mission. Try something new in the spirit of the God who's always doing a new thing (Isaiah 43:19; Revelation 21:5).

The best way to revitalize a church might be to revitalize the lives of its individual members!

?? ? **Bible Quiz** ? ??

Hebrews 11 is called the Hall of Faith because it's a partial list of ancestors who lived out their belief in God. Who is named in this chapter?

- A. Adam, Eve and Seth
- B. Abel, Enoch, Noah and Sarah
- C. Moses' parents, Moses and Rahab
- D. Deborah, Bathsheba and Huldah
- E. A and B
- F. B and C
- G. C and D

Answer: F

## A Call To Serve

Ruth M. Walsh wrote: “I was naked, and you questioned my lack of modesty in my appearance. I was imprisoned, and you debated the legal aspects of interference. I was penniless, and you discussed tax-deductible donations from your wealth. I was sick, and you thanked the Lord for the blessings of your health. I was hungry, and you formed a committee to study malnutrition. I was homeless, and you said God’s love was shelter under any condition. I was lonely, and you left me by myself while you and your friends prayed. You seem so holy and close to God, yet I’m still sick and alone and afraid!”

By contrast, in the parable of the sheep and the goats, Jesus says, “Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me” (Matthew 25:40, NRSV). When we fail to serve our neighbors, we fail to serve Jesus. Yet when we feed the hungry, we’re actually feeding Jesus. When we visit the sick, we’re actually visiting Jesus. And when we love one another, we’re actually loving Jesus.

Source: [www.newsletter/newsletter.com](http://www.newsletter/newsletter.com)

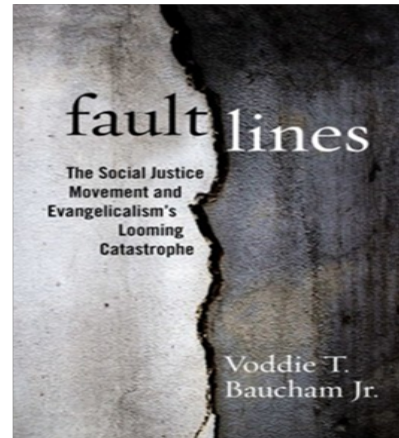
## Stick With It

If I’ve learned anything about friendship, it’s to hang in, stay connected,” says journalist Jon Katz. “Don’t walk away, don’t be distracted, don’t be too busy or tired, don’t take them for granted. Friends are part of the glue that holds life and faith together.”

**This applies to church life too.** When we’re annoyed by some aspect of congregational life or caught in conflict with other members, it’s tempting to drift away to another church — or no church. Even when all is fine, we sometimes let church take a back seat. But our bonds with the family of God are “part of the glue that holds life and faith together.” For the sake of the benefits we gain and give, may we “hang in [and] stay connected” with our church family. May we not “walk away [or] be distracted, ... be too busy or tired.” May we not take one another for granted but thank God for this “glue” — even when things get a bit sticky!

## Macedonia Baptist Church Bible & Book Corner—Book Review

Submitted by Sonja Gray



The death of George Floyd at the hands of police in the summer of 2020 shocked the nation. As riots rocked American cities, Christians affirmed from the pulpit and in social media that “black lives matter” and that racial justice “is a gospel issue.” But what if there is more to the social justice movement than those Christians understand? Even worse: What if they’ve been duped into preaching ideas that oppose the Kingdom of God?

In this powerful book, Voddie Baucham, a preacher, professor, and cultural apologist, explains the sinister worldview behind the social justice movement and Critical Race Theory—revealing how it already has infiltrated some seminaries, leading to internal denominational conflict, canceled careers, and lost livelihoods. Like a *fault line*, it threatens American culture in general—and the evangelical church in particular!

Whether you’re a layperson who has woken up in a strange new world and wonders how to engage sensitively and effectively in the conversation on race, or a pastor who is grappling with a polarized congregation, this book offers the clarity and understanding to either hold your ground or reclaim it.

This book is available for purchase through Christian Books at [www.christianbooks.com](http://www.christianbooks.com), or Amazon.



**Invitation to:** *Macedonia Baptist Church Sunday School*

**Superintendent of Sunday School:** *Rev. Brady Bennett*

**Director of Christian Education:** *Rev. Eric Shumate*

**The Sunday School classes will be conducting lessons via Zoom for the time being. Additionally, we have identified Sunday School teachers that will provide technical support to access the Zoom classes.**

**Macedonia Baptist Church Zoom Technical Support Contacts:**

Rev. James O' Rear	Adults & Men's Class	Phone: 734-308-0056 Email: <a href="mailto:jjalo@hotmail.com">jjalo@hotmail.com</a>
Sister Terry Mann	Adult Women's	Phone: 313-801-4765 Email: <a href="mailto:temaka79@hotmail.com">temaka79@hotmail.com</a>
Brother Michael Moore	Teens & Young Adults	Phone: 313-312-4044 Email: <a href="mailto:mmore@3lconsulting.info">mmore@3lconsulting.info</a>
Sister Mary Ann Windham	Juniors, Beginners & Primaries	Phone: 313-418-8830 Email: <a href="mailto:maryann.windham@yahoo.com">maryann.windham@yahoo.com</a>

**We invite you, your family, friends and neighbors to join our Sunday School Classes; you will be blessed! All classes are being held onsite and virtually with the exception of the Beginners and Primaries. They are online only.**

CLASSES	ZOOM ID'S	PASSWORDS	CLASS TIMES
Adult Men and Women	927 219 5591	4Y06SC	9:30-10:30 AM (ET)
Adult Women	801 855 9447	646902	9:30-10:30 AM (ET)
<a href="#">Millennial Sunday School</a> for Teens and Young Adults	314 202 2102	503816	9:30-10:30 AM (ET)
Juniors (10-12 yrs.)	775 4028 7203	7DJiT2	10:00-10:40 AM (ET)
Primaries (7-9 yrs.)	830 6987 0617	primary	10:00-10:55 AM (ET)
Beginners (4-6 yrs.)	246 295 5225	5TykPq	10:00-10:40 AM (ET)

**The list of lessons for August 2022 includes the following:**

DATE	LESSON	SCRIPTURE
August 7	Jesus Heals Two Demoniacs	Matthew 8:23-24
August 14	A Lame Man Healed	Acts 3:1-16
August 21	Ananias Heals Saul	Acts 9:10-20
August 28	Miracles on Malta	Acts 28:1-10



# Macedonia Baptist Church

14221 Southfield Road, Detroit, Michigan 48223

*"Come over into Macedonia and help us." ACTS 16:9*



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